

What's On in Selwyn

Autumn 2023
March – May

**LEARN EARN
GROW SELWYN**

MARCH 2023

See page 15
for more details.

Group Fitness

Recreation

Pools

Libraries

Events



**Celebrating produce
grown and crafted
in Selwyn.**

VISIT [SELWYN.NZ/TASTE](https://selwyn.nz/taste)

1-31 MAY 2023

SELWYN
FROM THE LAND 

Group Fitness Classes

LES MILLS **BODYBALANCE** 45 MINS

A yoga-based class to music that incorporates elements of tai chi and pilates. Move and stretch through different yoga poses strengthening the whole body, while focusing on breathing to feel calm and centred.

LES MILLS **BODYPUMP** 60 MINS **LES MILLS EXPRESS** **BODYPUMP** 30 MINS

A barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, for a total body workout.

BOXFIT 45 MINS

This high-intensity workout will take your fitness to the next level! Skipping, agility and core work alongside different boxing drills. Variety that will make you stronger physically and mentally.

LES MILLS **CORE** 30 MINS

An intense workout designed to build strength, stability and endurance in the muscles that support your core including the abdominals, glutes and the back.

LES MILLS **GRIT** | **CARDIO** 30 MINS

A high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. A variety of bodyweight exercises.

LES MILLS **GRIT** | **STRENGTH** 30 MINS

A high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. Barbell, weight plate and bodyweight exercises.

HIIT 45 MINS Rolleston/West Melton 60 MINS Lincoln

Circuit-style interval training with different challenges every week including weights, boxing, and bodyweight exercises.

KICK & TONE 60 MINS

Kick and Tone is a dynamic interval training class that utilises martial arts moves and strengthening exercises to help you get in shape and feel great! Suitable for all abilities.

MATURE & MOTIVATED 45 MINS

Great for heart health, strength and balance. Aimed at 60 years and over, or anyone getting back into fitness; it is low impact, lots of fun with a great social vibe. Accredited by ACC.

MOVE IT TO MUSIC 60 MINS

Music, fun equipment and a sense of humour is all you need in this class to get moving! Suitable for those with arthritis or less active. Accredited by ACC. Tea and coffee provided.

PILATES 60 MINS

This class improves core and postural strength, working through a series of different exercises. It will help improve general fitness and overall wellbeing, restoring balance and flexibility.

Pre-registration is required for this enrolled class.

PUMP/CORE COMBO 45 MINS

This 45-minute workout incorporates two amazing programmes in one class. 30 minutes of *Pump* with barbell and weights for strength training, followed by 15 minutes of *Core* to work stabilising muscles and balance.

COMBO **STEP PUMP** 50 MINS

Step to increase your heart rate for 30 minutes followed by strength work with barbells and weights. Suitable for all abilities.

LES MILLS **sprint** 30 MINS

A short, intense style of training pushing physical and mental limits on the spin bike. It is a high-intensity, low-impact workout that combines bursts of intensity and rest periods.

LES MILLS **RPM** 45 MINS

Indoor cycling workout with an instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. You control the resistance and speed to build your fitness level.

YOGA HATHA 60 MINS

A slow, mindful and reflective class embracing all paths. It is suitable for different abilities, exploring your own personal strength and flexibility followed with deep relaxation at the end.

YOGA EASY FLOW 60 MINS

Class starts with yoga poses in a flowing sequence, followed by settling into restorative yin-type poses. Adapt to suit your body with gentle back bends, strengthening and balance work. Adaptable to all ages, levels of experience and people recovering from injuries.

YOGA RESTORE 60 MINS

Take your body through yin and restorative poses to support deep release. A restful and slow blend offering the opportunity for increased mobility and mental relaxation. Suitable for all abilities.

ZUMBA 45 MINS

A calorie-burning dance party combining a range of easy-to-follow Latin and international dance styles to catchy energising music.

April School Holidays

Watch this space — there's an exciting line-up of fun events and activities for the kids to enjoy these holidays.

**7–23
April**



Medieval Day



Sports Programmes



Science Show



Pool Party

Pick up a flyer from your local Selwyn facility from 17 March, or check out: selwyn.govt.nz/holidays

Selwyn Sports Centre

BOOKINGS RECOMMENDED  SELWYNSPORTSCENTRE (03) 347 2888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS RPM	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS RPM	HIIT		
6am	LES MILLS GRIT STRENGTH			BOXFIT			
6.35am			LES MILLS CORE				
8.15am						LES MILLS EXPRESS BODYPUMP	
9am	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	
9am				LES MILLS BODYPUMP			LES MILLS sprint
9.15am	YOGA HATHA	LES MILLS EXPRESS BODYPUMP			LES MILLS EXPRESS BODYPUMP		
10am		LES MILLS CORE		YOGA HATHA	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS RPM
10am							LES MILLS BODYBALANCE
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	LES MILLS CORE	
12pm	LES MILLS EXPRESS BODYPUMP		LES MILLS EXPRESS BODYPUMP				
1.15pm			MOVE IT TO MUSIC				
5.15pm	LES MILLS EXPRESS BODYPUMP						
6pm	LES MILLS sprint			LES MILLS RPM			
6pm	LES MILLS BODYPUMP	COMBO STEP PUMP	YOGA RESTORE	LES MILLS GRIT CARDIO			
6pm		LES MILLS RPM	LES MILLS RPM				
7pm				LES MILLS BODYPUMP			
7pm		LES MILLS BODYBALANCE					
7.15pm			LES MILLS BODYPUMP				
7.30pm	YOGA EASY FLOW						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LES MILLS RPM		LES MILLS RPM		
8.15am						LES MILLS RPM	
9.15am	LES MILLS RPM	HIIT				LES MILLS BODYBALANCE (45 minutes)	LES MILLS EXPRESS BODYPUMP
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				
10.15am							LES MILLS CORE
5.30pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP				
6pm	YOGA EASY FLOW	LES MILLS RPM		COMBO STEP PUMP			
6.30pm		LES MILLS BODYPUMP	ZUMBA	LES MILLS sprint			
6.30pm		LES MILLS BODYBALANCE (45 minutes)					
6.45pm	ZUMBA		LES MILLS CORE				
7pm				PILATES			
7.30pm			YOGA RESTORE				
8pm				PILATES			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	HIIT					
8am						HIIT
9.15am	PUMP/CORE		KICK & TONE		LES MILLS EXPRESS BODYPUMP	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
5.15pm	LES MILLS BODYPUMP					
5.30pm			LES MILLS BODYPUMP			
6pm		HIIT				
6.30pm				LES MILLS BODYBALANCE		
7pm		YOGA				

	Monday	Wednesday
9.30am	MATURE & MOTIVATED	MATURE & MOTIVATED

Please note: Class does not run on the first Monday of each month.



Virtual Classes

BOOKINGS RECOMMENDED*

Classes are held in a group fitness room with an instructor on a large screen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS sprint		
7am	LES MILLS BODYPUMP				LES MILLS BODYPUMP		
8am	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM		
8.15am						LES MILLS sprint	
9am		LES MILLS RPM					
10am			LES MILLS BODYPUMP				
10am	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	
11am	LES MILLS BODYBALANCE				LES MILLS BODYBALANCE		
12pm		LES MILLS GRIT STRENGTH		LES MILLS GRIT STRENGTH			LES MILLS BODYPUMP
12pm		LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
1pm			LES MILLS BODYBALANCE				
2.30pm							LES MILLS BODYPUMP
4pm							LES MILLS RPM
5pm					LES MILLS GRIT CARDIO		
6pm					LES MILLS RPM		
7pm		LES MILLS sprint					

 Selwyn Sports Centre  West Melton Community and Recreation Centre

*Please refer to the phone numbers on the back of this brochure or visit [selwyn.govt.nz](https://www.selwyn.govt.nz).

Recreation

[SELWYN.GOV.T.NZ/RECREATION](https://selwyn.govt.nz/recreation)

Baby Gym 45 MINS

Babies aged 12 weeks (who can hold their head up) to crawlers will enjoy singing and playing in our baby-friendly environment. Please bring a blanket.

BYO Roller Skate

Join us for a fun skating session with great music and test your skills with cool games! Helmet essential. Caregiver required for under 10 years or learner skaters. Bookings required.

Get Your Skates On 60 MINS

An interactive learn-to-skate class catering for all abilities. Skates and safety gear provided. Adult supervision required for children 11 years and under.

Little Dancing Feet 30 MINS

A fun class for preschoolers using pompoms and ribbons to music. Great for fundamental movement skills and coordination.



Mini Gym 45 MINS

Learning through music and movement, this class focuses on motor coordination, cognitive development and confidence. Free play as well as structured time and songs with the tutor. Aimed at 1–5 years.

Social Pickleball 120 MINS

Enjoy this exciting paddle sport that combines elements of badminton, tennis and table tennis — you're sure to have a good time. Drop-in. All ages welcome.





The Selwyn Striders 60 MINS

Enjoy a walk around our 240-metre indoor track with optional exercise stations set up at each corner. A great opportunity to meet new people or have a catch up with friends with a complimentary tea/coffee and biscuit when you're finished. Suitable for all ages. Buggy-friendly.



Recreation

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
9.30am	MINI GYM (1–2YRS)		MINI GYM (1–2YRS)		MINI GYM (1–2YRS)	
10am	THE SELWYN STRIDERS			MINI GYM (3MNTH–2YRS)		SOCIAL PICKLEBALL
10.15am	BABY GYM		BABY GYM		MINI GYM (3–5YRS)	
10.30am				LITTLE DANCING FEET		
10.45am				MINI GYM (3–5YRS)		
11am	MINI GYM (3–5YRS)		MINI GYM (3–5YRS)			
12pm						
3.30pm	GET YOUR SKATES ON	GET YOUR SKATES ON		GET YOUR SKATES ON		
4pm		BYO ROLLER SKATES FORTNIGHTLY FROM 28 FEBRUARY				BYO ROLLER SKATES 26 MARCH, 23 APRIL AND 28 MAY
6.30pm	SOCIAL PICKLEBALL					
9.30pm						

 Selwyn Sports Centre  Lincoln Event Centre  West Melton Community and Recreation Centre  Darfield Recreation and Community Centre

All recreation classes are held during term-time only (except Social Pickleball and The Selwyn Striders).
Term 1 classes run until Thursday 6 April. Term 2 classes resume Monday 24 April.

Selwyn Aquatic Centre

 SELWYNAQUATICCENTRE PH 03 347 2734

A variety of group fitness options are on offer in the 25-metre pool and hydrotherapy pool at the Selwyn Aquatic Centre. Classes run through the school holidays; but not on public holidays. Bookings are required for some classes. One-off group bookings available.

Hydro Health 30 MINS

A low-impact class designed to increase balance, flexibility, functional strength and coordination. This class suits rehab and recovery, injury and fall prevention and helps improve restricted range of movement. Water 35–36 degrees.

Hydro Tone 45 MINS

A gentle exercise class with stretches and resistance-based activities in shallow water. This class is designed to increase strength and coordination. A low intensity workout focusing on toning and strengthening. Water 35–36 degrees.

Aqua Fit 45 MINS

A fun, high energy class with a mix of cardio and strength-based movements. This shallow water class is designed to increase both fitness levels and strength. Water 32 degrees.

Aqua Intense 45 MINS

An intense, energetic class designed to push you to your limits! With a strong emphasis on cardio and limited rest breaks, designed to raise your heart rate through dynamic movement in the deep water (aqua belt optional). Water 27–28 degrees.

Aqua HIIT 30 MINS

High-Intensity Interval Training (HIIT) is the fastest way to improve your fitness level. Intense bursts of exercise followed by short periods of recovery, allowing your body to reach its maximum training zone. Water 27–28 degrees.

Aqua Natal 45 MINS

A class specifically designed for expectant mothers to get a low-medium level intensity work out. Perfect for any stage of pregnancy or fitness level.

Aqua Fit for Parents 45 MINS

The perfect opportunity for parents and caregivers to get a great workout, while keeping baby engaged and entertained. Baby will enjoy a fun water experience, while parents and caregiver can improve their fitness level and strength. Suitable for babies from 6 months up to 3 years.

	Monday	Tuesday	Wednesday	Thursday	Friday
8.45am					AQUA HIIT
9.30am	HYDRO TONE	AQUA INTENSE	AQUA FIT	AQUA INTENSE	AQUA FIT
9.30am				AQUA FIT FOR PARENTS	
10.30am	HYDRO HEALTH	HYDRO TONE	HYDRO HEALTH	HYDRO TONE	HYDRO TONE
10.30am					AQUA FIT FOR PARENTS
12.15pm		HYDRO HEALTH			
1pm		AQUA INTENSE			
6.15pm		AQUA NATAL	HYDRO TONE	HYDRO HEALTH	
7pm	AQUA INTENSE			AQUA FIT	
7.15pm			AQUA INTENSE		

Timetable subject to change.

Group Fitness and Recreation Pricing

The following pricing is for the Selwyn Aquatic Centre, Selwyn Sports Centre, Lincoln Event Centre and West Melton Community and Recreation Centre.

Memberships

All Access

Pool and Group Fitness classes

\$79.70

PER MONTH

Community card holders* \$66 per month.

Premium Group Fitness

All Group Fitness classes including Spin and Aqua

\$57.20

PER MONTH

Community card holders* \$47.30 per month.

Premium Swim

Unlimited swimming! Excludes Aqua classes

\$57.20

PER MONTH

Community card holders* \$47.30 per month.

Basic

Group Fitness classes including Yoga and Pilates
(Excludes Spin and Aqua)

\$48.40

PER MONTH

Casual Prices

Adult	\$10
Community card holders*	\$6.60
Preschool	\$4.90
Skating	\$7
BYO Roller Skate	\$3
Pilates	\$100/10 Weeks
Casual Basketball, Netball or Track (Selwyn Striders)	\$3
Social Sports	\$5

*Community card holders includes SuperGold, Community Services and Hāpai Access. Terms and conditions apply.

For concession cards, pool memberships and other pricing visit selwyn.govt.nz/prices

Libraries Programmes

 SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

These programmes are held at Darfield, Leeston and Lincoln Libraries, and at Te Ara Ātea. All are free, casual sessions, with no bookings required unless stated otherwise.

We are an official learning destination for Te Mātāpuna Mātātahi/Children's University. Look out for this logo in the guide and visit selwynlibraries.co.nz or childrensuniversity.com.au for more information.



Adults Book Club

Book discussion groups are a fun and popular way to expand your reading subjects, meet people in your area and share your thoughts and ideas about reading.

Board Games Club

Love board games? Head along to our libraries to play a variety of exciting games. All ages welcome.

Children's Book Club

Share your latest reading adventures, check out the newest book arrivals, participate in an activity, and have a snack. 5–11 years.

Coding Club

Join our weekly Coding Club sessions for some hands-on coding and problem solving at Te Ara Ātea. Perfect for 9–13 years.

Device Drop-In: Tech Help

Our weekly device drop-in sessions are informal support groups to help you familiarise yourself with your digital device. Whether it's a tablet or mobile phone, someone will be able to help you with the basics.

English Learners Club

Join us at Te Ara Ātea and Lincoln Library to improve your everyday English language skills and confidence in a casual and social setting. Sessions are focused on the needs of learners — so no two classes are the same.

Genealogy Group

Whether you're new to searching family history or you're an experienced researcher looking for like-minded people, come along to our monthly drop-in Genealogy Group sessions facilitated by the Selwyn Central Historical and Genealogical Group. Learn about a new topic each month or just enjoy the company.

JP Clinics

Visit our libraries and drop-in for a free Justice of the Peace clinic at Te Ara Ātea, Lincoln and Darfield Libraries.

LEGO® Advanced

Calling all LEGO® masters! These sessions are perfect for those who love a challenge and will make regular use of our LEGO® Education Spike Prime and BricQ Motion sets. Suitable for ages 9 years and over.

LEGO® Club

Play with our new LEGO® collection and make a new creation. Children under 8 years must be accompanied by an adult

Rhymetimes

Giggle and wriggle with our stories, songs, rhymes and bubbles. These Rhymetimes sessions are designed to assist with early language development while having a great time! Suitable for 1–3 year olds.

Scrabble Club

Enjoy a good game of Scrabble? Join our weekly Scrabble Club for fun games and friendly company.

Sensory Babytimes

Share interactive songs, stories, sensory boards and bubbles. These sessions are designed to help cultivate early language and literacy, and support the development of motor skills from birth to 1 year.

Storytimes

Enjoy the magic of stories, activities and songs with our preschool Storytimes sessions. Share the joy of reading and make new friends. Aimed at 3–5 years.

Virtual Reality (VR) Drop-in Sessions

Join a session to test out our VR headsets. Kayak with the penguins in Antarctica, fly to the International Space Station and experience zero-gravity, complete our Beat Saber challenge, or even tour Anne Frank's house. Suitable for ages 13 and over.

Writers' Groups

Writers from all genres and experience — published and non-published — are invited to share their work in a friendly and non-judgemental environment at Lincoln Library.

Women's Networking Group

Make new connections and develop your social skills. Gain inspiration, support and empowerment from other women within the community. Each month we will have a local professional speaking about their journey so far, followed by an opportunity to network and get to know each other.



LEARN EARN GROW SELWYN

MARCH 2023

Supporting employment, employees and employers in Selwyn.

Looking for a job? Looking to hire staff? Wanting to grow your business?

There'll be workshops, networking events, information sessions and employment opportunities held throughout March 2023.

VISIT [SELWYN.GOV.T.NZ/LEGS](https://selwyn.govt.nz/legs)




Darfield Library

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Board Games Club 3.30–4.30pm</div> <div>Adults Book Club 7–8.30pm <i>Third Monday of the month</i></div>	<div>Malvern Writers' Café 10am–12pm <i>Second Tuesday of the month</i></div> <div>Rhymetimes 10.30–11am</div>	<div>Rates Rebates 10am–12pm</div> <div>JP Clinic 11.30am–12.30pm</div>	<div>Quiet Time 12–2pm</div> <div>Rates Rebates 1–3pm</div> <div>Children's Book Club 3.30–4.30pm <i>First Thursday of the month</i></div> <div>Virtual Reality 3.30–4.30pm</div>	<div>Storytimes 10–10.30am</div> <div>Device Drop-in: Tech Help 1.30–3.30pm</div> <div>LEGO® Club 3.30–4.30pm</div>
				Saturday
				Casual Crafts 1–3pm

Te Ara Ātea

Monday	Tuesday	Wednesday	Thursday	Saturday
<div>JP Clinic 12–1pm</div> <div>Coding Beginners 3.30–4.30pm</div>	<div>Storytimes 9.30–10am</div> <div>Device Drop-in: Tech Help 11am–1pm</div> <div>Children's Book Club 3.30–4.30pm <i>First Tuesday of the month</i></div>	<div>Women's Networking Group 9.15–10.30am <i>Last Wednesday of the month</i></div> <div>Rhymetimes 9.30–10am</div> <div>Genealogy Group 1–2.30pm <i>Last Wednesday of the month</i></div> <div>LEGO® 101 3.30–4.30pm</div> <div>LEGO® Advanced 3.30–4.30pm</div>	<div>JP Clinic 12–1pm</div> <div>Quiet Time 12–2pm</div> <div>English Learners Club 1.30–2.30pm</div> <div>Virtual Reality 3.30–4.30pm</div>	<div>Lego Advanced 10.30–11.30am</div>
				Sunday
				Board Games Club 1.30–3pm
			Friday	
			<div>Sensory Babytimes 9.30–10am</div> <div>Adults Book Club 1.30–3pm <i>Second Friday of the month</i></div>	

 Term 1 classes run until Thursday 6 April.
Term 2 classes resume Monday 24 April.
Classes are weekly unless stated otherwise.

 Adult

 Teen

 School-aged


 Preschoolers

Leeston Library


Monday	Tuesday	Wednesday	Thursday	Friday
Scrabble Club 10.30am–12pm	Rhymetimes 10–10.30am	Adults Book Club 10–11am <i>Third Wednesday of the month</i>	Storytimes 10–10.30am	Rates Rebates 11am–12pm
Rates Rebates 2–3pm			Quiet Time 12–2pm	Device Drop-in: Tech Help 2–4pm
LEGO® Club 3.30–4.30pm			Virtual Reality 2–4pm	Children's Book & Board Games Club 3.30–4.30pm
			Chess Club 3.30–4.30pm	
				Saturday
				Adults Book Club 10–11am <i>Third Saturday of the month</i>
				Storytimes 11–11.30am


Lincoln Library


Monday	Tuesday	Wednesday	Thursday	Friday
Scrabble Club 11am–12pm	Rhymetimes 9.30–10am	Sensory Babytimes 9.30–10am	Storytimes 10.30–11am	Rhymetimes 9.30–10am
English Learners Club 1.30–2.30pm	JP Clinic 10am–12pm	Rates Rebates 9–11am	Quiet Time 12–2pm	Device Drop-in: Tech Help 10am–12pm
	Adults Book Club 10.30am–12pm <i>Last Tuesday of the month</i>	LEGO® Club 3–4pm	Virtual Reality 3.30–5.30pm	Cubing Club 1.30–2.30pm
	Rates Rebates 1–3pm	Board Games Club 3–4pm	Adult Evening Book Club 6.30–7.30pm <i>First Thursday of the month</i>	
	Children's Book Club 3.30–4.30pm <i>Third Tuesday of the month</i>		Writers' Group 6.30–7.30pm <i>Second Thursday of the month</i>	Sunday
				Storytimes 10.30–11am


 Term 1 classes run until Thursday 6 April.
Term 2 classes resume Monday 24 April.

Classes are weekly unless stated otherwise.

 Adult

 Teen

 School-aged

 Preschoolers

LEARN EARN GROW SELWYN EVENTS

Accessibility in the Workplace

Wednesday 1 March, 10am-12pm
Te Ara Ātea

Gain knowledge, understanding and confidence around the best practice of employing, managing and attracting disabled people to your workplace as an employee or customer. Hear from experts in building a confident strategy, practical methods to attract and provide for accessibility as well as the latest support available, both technologically and financially. This session will include a Q+A with a panel of experts.

Bookings required.

selwyn.govt.nz/LEGS

FREE



Driver Education: Learner Licence

FREE

Wednesdays and Thursdays
1 to 30 March, 6-8pm
Te Ara Ātea

Are you looking to get your driver's licence but not sure where to start? Then join this five-week course to learn about the NZ road rules and prepare to sit a learner licence theory test. Presented by Literacy Aotearoa.

Bookings required.

selwynlibraries.co.nz/events



Money Smart

FREE

Thursdays: 2 March, 6 April and 4 May
10am-12pm
Leeston Library

Do you want to develop your knowledge and build confidence to manage your money more effectively, or reduce/eliminate your debt? Then pop into this drop-in session and get some expert advice from a chartered accountant. 18+ years.

Register your interest.

selwynlibraries.co.nz/events



Returning to Work Series

FREE

Thursdays: 2, 9, 16 and 23 March
6-7.30pm
Te Ara Ātea

Improve your employment visibility in today's job market by joining this four-week returning to work preparation series. Get expert advice on how to identify your transferable, technical and job specific skills. Learn how to best market yourself when writing your CV and cover letter, what are the common interview questions and how to best prepare for them. 18+ years.

Bookings required.

selwynlibraries.co.nz/events



Visit selwyn.govt.nz/LEGS for more events in this series.

LEARN EARN GROW SELWYN EVENTS

English Learners Club

Mondays: 6 March to 3 April, 1.30–2.30pm
Lincoln Library

Thursdays: 9 March to 6 April, 1.30–2.30pm
Te Ara Ātea

Join us to improve your everyday English language skills and confidence in a casual setting. Sessions are focused on the needs of learners — so no two classes are the same. Whether you are looking to learn, or simply just to socialise, join us at our weekly coffee club. All English language learners welcome. 18+ years.

Drop-in.

selwynlibraries.co.nz/events

FREE



Business Health Check

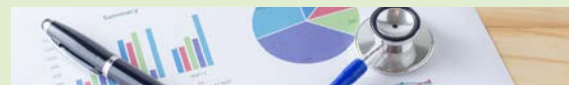
Tuesday 7 March, 7–8.30pm
Te Ara Ātea

As a business owner or manager, it can be hard to keep up with all the legal requirements and understand how to keep your business “healthy.” Come along to hear two commercial partners help you understand what questions you should be asking about your business.

Bookings required.

selwyn.govt.nz/LEGS

FREE



Cross-cultural Communication

Thursday 23 March, 10am–12pm
Te Ara Ātea

Our region’s ethnic and cultural diversity has grown rapidly and continues to grow. The aim of this session is to increase your awareness of your cultural background and those of other cultures. This workshop will improve your knowledge and understanding of how cross-cultural differences can affect management, communication and wellbeing.

Bookings required.

selwyn.govt.nz/LEGS

FREE



Job Fair

Tuesday 28 March, 10am–2pm
Rolleston Community Centre

Are you looking for work or training options in Selwyn? Come and talk with local employers about local jobs. People of all ages and experience levels are welcome. Bring your CV or simply chat with employers about what is on offer and pathways into employment.

Drop-in.

selwyn.govt.nz/LEGS

FREE

Work Ready: Road to Employment

Mondays and Wednesdays:
3 April to 19 July, 10am–1pm
Te Ara Ātea

If you are at the early stages of planning your career, this sixteen-week employment preparation course is a perfect start. During this course, you will learn how to improve your communication skills, write a CV that will get you noticed by employers and make decisions about jobs so that your career pathway is achievable. Presented by Literacy Aotearoa.

18+ years.

Bookings required.

selwynlibraries.co.nz/events

FREE



Visit selwyn.govt.nz/LEGS for more events in this series.

Herbarium: Exhibition and Events

Herbarium

Wednesday 1 March to Friday 1 September
Te Ara Ātea

Herbarium, a new exhibition at Te Ara Ātea, brings together the work of six artists and a collective, who each explore the history of plants in Aotearoa in different ways. Reflecting on the way plants have been named, collected, valued, and renamed, artists Ayesha Green, Conor Clarke, Louise Potiki-Bryant, Melissa Macleod, and Zina Swanson have made new artworks for display at Te Ara Ātea. The work of Cora-Allan Lafaiki Twiss is on loan from the Lincoln University Collection, and Te Kāhui Hono have made a new installation using harakeke from collections cared for by Manaaki Whenua Landcare Research.

Drop-in.

selwynlibraries.co.nz/events

FREE



Zina Swanson, *Untitled*, 2022. Courtesy of the artist.



Photo courtesy of Manaaki Whenua Landcare Research

FREE

Collecting plants in Aotearoa: Maui Duley and Ines Schonberger

Thursday 2 March, 6.30–8pm
Te Ara Ātea

Joseph Banks and Daniel Solander collected 340 species of plants from around Aotearoa on Captain Cook's first voyage in 1769. Duplicates from this collection are now housed at Manaaki Whenua Landcare Research in Lincoln, cared for by botanist Ines Schonberger. Join Ines and ethnobotanist Maui Duley as they discuss the history of collecting plants in Aotearoa, and the broader impacts of Western collecting practices on Māori knowledge systems.

Bookings required.

selwynlibraries.co.nz/events

Rongoā Māori: Healing the body, mind, and spirit of tangata and whenua

FREE

Thursday 30 March, 6–8pm
Te Ara Ātea

The health and wellbeing of our lands and waterways impact the wellbeing of people. Join Kahukura Rongoā Māori Trustees Maire and Aperahama Kipa to learn how traditional Māori healing practices heal body, mind, and spirit and the mauri (life force) of our waterways and land. Bookings required.

selwynlibraries.co.nz/events



Herbarium: Exhibition and Events

Edible Mushrooms

FREE

Saturday 1 April, 11am-12pm
Leeston Library

Wild mushrooms have many health benefits — but it's essential you know how to correctly identify any mushrooms you forage. Join Jackie from Wild Cuisine NZ where she will discuss how to identify 10 autumn edible mushroom species and ways to prepare them.

Bookings required.

selwynlibraries.co.nz/events



Image courtesy of Melissa Macleod, 2022.

When Art and Botany Collide: Plant Pressing Workshop

FREE

Saturday 1 April, 1.30-3pm
Te Ara Ātea

Join Allan Herbarium botanist, Ines Schonberger and Ōtautahi artist Zina Swanson as they share their expertise in the art of pressing plants. In this practical, hands-on session, Ines and Zina will guide you through the process of flower pressing — from collection to mounting. 10+ years.

Bookings required.

selwynlibraries.co.nz/events

Botanical Bookmarks with Margaret White

Thursday 6 April, 6-8pm
Te Ara Ātea

Join renowned local printmaker Margaret White for a hands-on workshop where you will make bookmarks inspired by our current exhibition, *Herbarium*. With Margaret's guidance you will use a linocut printing technique to print botanical-inspired images on your very own bookmark. 10+ years.

\$15 members, \$30 non-members.

Bookings required.

selwynlibraries.co.nz/events



Wild Foraging

Saturday 6 May, 10am-12pm
Coes Ford

With the cost of living continuing to increase, why not learn the skill of foraging to supplement your weekly meals and save a little on the grocery bill? Join Peter Langlands from Wild Capture, on a guided walk along the Selwyn River and surrounding country roadsides and learn to identify edible species that you can gather for free. 18+ years.

\$10 library members, \$20 non-members.

Bookings required.

selwynlibraries.co.nz/events



Save the date!



Saturday 5 August 2023
Selwyn Sports Centre

Selwyn Awards recognise the outstanding work and achievements of businesses, not-for-profit organisations and individuals who live or work within Selwyn.

Enter your business, organisation or yourself for an award in one of 11 categories.

Tell us how you have contributed to economic and social wellbeing.

To find out more information
and how you can take part,
visit selwynawards.co.nz



Lifelong Learning Courses and Events

Learn Italian Through Stories

Thursdays: 2 March to 6 April

6.30–8pm

Te Ara Ātea

Learn Italian language and culture through brief stories set in everyday scenarios. Absolute beginners welcome. 18+ years.

Bookings required.

selwynlibraries.co.nz/events

FREE



Sourdough Workshop

Saturday 4 March, 10–11am

Glentunnel Community Centre

Saturday 11 March, 10–11am

Tai Tapu Community Centre

Saturday 18 March, 10.30–11.30am

Te Ara Ātea

Learn how to create your own variations of sourdough bread and the benefits of using wild yeast. Join Chef Chris Bochsichler to create your own rye-based sourdough starter. Enjoy a sourdough tasting together and bring home your own dough for baking later. 13+ years.

*Please bring a mixing bowl and tea towel.

\$10 library members, \$20 non-members.

Bookings required.

selwynlibraries.co.nz/events

Smithing 101

Thursday 9 March, 6.30–7.45pm

Te Ara Ātea

Enjoy this informational talk on smithing and knife-making with local bladesmith Nick Turner from Heorot Knives. Perfect for anyone with an interest in blacksmithing or knife making. 13+ years.

Bookings required.

selwynlibraries.co.nz/events

FREE



Lifelong Learning Courses and Events

Ngā Pia ō te reo Māori: Ten-Week Course

Thursdays: 9 March to 6 April and 27 April to 25 May, 6–8pm
Te Ara Ātea



Kei aku nui, kei aku rahi mokori anō ka rere a mihi ki a koutou katoa e nanao atu ana i ngā pūrengi o te haumi o te waka, tēnā koutou.

Ki ngā maunga kōhā, ki ngā roma wai terenga kōrero mai i ngā puna mātinitini. I ngā mātāpuputu i te pō. Ko koutou te iwi tuaroa i roto i ngā tau whakapurehurehu. E kore rawa koutou e ngaro i te mahara. Kua tau te rā ki te pairangi kua tō te rā ki a koutou kore tātau e warewaretia.

Learning any language requires a little practice, confidence, and willingness to learn.

Join tutors Miru Mclean and Joe Murray to learn basic sentence structures, pronouns, karakia (prayers), mihi (greetings), kiwaha (colloquialisms), whakataukī (proverbs), waiata (songs), Māori hand games and many more activities throughout the term.

Don't be afraid to make mistakes in this supportive environment — te reo Māori is an inclusive and fun language to learn! 13+ years.

Bookings required.

selwynlibraries.co.nz/events



Preserving Demonstration

Thursday 30 March, 7–9pm
Sheffield Hall

Thursday 6 April, 7–9pm
Glentunnel Community Centre

A hands-on demonstration covering the basics of food preservation techniques with Nourish. Come and discover ways to utilise and preserve your available produce so that you can enjoy the fruits of your labour throughout the year. 18+ years.

Bookings required.

selwynlibraries.co.nz/events



Yoga for Toddlers

Thursday 6 April, 10–10.30am
Te Ara Ātea

Friday 7 April, 10–10.30am
Darfield Library

Monday 24 April, 10–10.30am
Lincoln Library

Thursday 27 April, 10–10.30am
Leeston Library

Join us for a special yoga storytime especially for toddlers! We will read stories, then act them out in yoga poses. We will also incorporate a sun salutation, breathing exercises, and a final relaxation pose. 3+ years.

Bookings required.

selwynlibraries.co.nz/events



Lifelong Learning Courses and Events

Vintage Inspired Hammered Copper Jewellery

Thursday 6 April, 6.30–8pm
Lincoln Library

Thursday 27 April, 6.30–8pm
Te Ara Ātea

Learn to recycle copper pieces into a set of earrings and a necklace with Tania from the Creative Workroom. With simple equipment and a little creativity, you will learn a timeless craft dating back to the 8th Century BC. Recreate these at home using old plumbers' copper, wire and even coins. All equipment supplied. 13+ years.

\$10 library members, \$20 non-members.

Bookings required.

selwynlibraries.co.nz/events



Te Waihora: Introduction to Astrophotography

Saturday 22 April, 7–10pm
Lakeside Soldiers Memorial Hall

Discover the art of taking stellar night-time photographs across the waters of Te Waihora/Lake Ellesmere. Professional photographer Gary Mills will guide you through getting the most out of your digital camera to capture the starry sky. 18+ years.

\$20 library members.

\$40 non-members.

Bookings required.

selwynlibraries.co.nz/events

Let's Mend It!

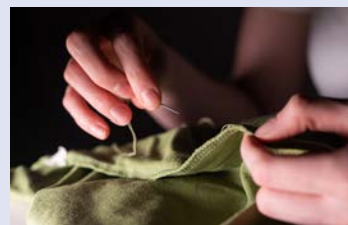
Thursday 4 May, 7–8pm
Darfield Recreation and Community Centre

Let the Malvern Material Girls share their tips and tricks for different stitches and techniques to mend your clothes, darn your socks, sew on buttons and take up hems — all without a sewing machine! Bring along a piece of clothing that needs to be fixed or altered and learn to do it yourself. 13+ years.

\$3 per person.

Bookings required.

selwyn.govt.nz/events



Nutrients, Nutrition and Mental Health

Thursday 25 May, 7–9pm
Te Ara Ātea



In conjunction with Taste Selwyn and presented by the Mental Health Education & Resource Centre; learn about the science of how diet is linked to mental health and why micronutrients could be the answer. Selwyn producers will be there to talk about the macronutrients of some amazing local products.

Bookings required.

selwyn.govt.nz/events



Family Fun Events



Family Bingo

Saturday 4 March, 7pm
Darfield Recreation and Community Centre
Friday 17 March, 6pm
Lincoln Event Centre

Bring the family along and try your luck at our bingo night. Line up all the numbers on your card to win some cool prizes!
All ages welcome.

\$3 per person. Bookings required.

selwyn.govt.nz/events

Car Boot Sale

Saturday 18 March, 1.30pm–3.30pm
Rolleston Community Centre
Sunday 26 March, 10am–12pm
Darfield Recreation and Community Centre

Buy or sell some pre-loved treasures! A great opportunity to declutter or grab yourself a bargain.
\$5 per car park stall. Bookings required.

selwyn.govt.nz/events



Easter Craft and Games

Sunday 26 March, 3–4pm
Glentunnel Community Centre
Thursday 30 March, 3.30–4.30pm
West Melton Community and Recreation Centre
Thursday 30 March, 10–11am
Rolleston Community Centre
Sunday 2 April, 10–11am
Darfield Recreation and Community Centre
Sunday 2 April, 3–4pm.
Tawera Memorial Hall
Tuesday 4 April, 3.30–4.30pm
Lincoln Event Centre
Thursday 6 April, 3.30–4.30pm
Prebbleton Cottage

Pop down to your local community centre for some crafting fun! We'll also have a themed food activity (note: contains dairy and gluten). All ages welcome.

\$5 per person. Bookings required.

selwyn.govt.nz/events



Mother's Day Crafts

Sunday 7 May, 10–11am
Darfield Recreation and Community Centre
Thursday 11 May, 3.30–4.30pm
Lincoln Event Centre
Friday 12 May, 3.30–4.30pm
Rolleston Community Centre
Saturday 13 May, 3–4pm
Glentunnel Community Centre

Come down to the community centres for a paper flower making extravaganza and let us take care of the tidying up. All ages welcome.
\$5 per person. Bookings required.

selwyn.govt.nz/events



PRIDE EVENTS

Pride Picnic

Sunday 5 March, 1-3pm
Rolleston Reserve

Grab your friends and join us at our Pride Picnic on the lawn behind Te Ara Ātea. There will be live music and performances, a free sausage sizzle and lots of colourful activities. So come along, make some new friends and show your support for our Selwyn LGBTQIA+ community.

selwyn.govt.nz/events

FREE



Rainbow Wellness: What Adults Need to Know

FREE

Wednesday 15 March, 7-9pm
Te Ara Ātea

In collaboration with the Mental Health Education Resource Centre, this workshop is an introduction to the influencers that shape LGBTQIA+ people's wellbeing and practical strategies in how to provide support. Participants will learn how to be an active ally to LGBTQIA+ people they support, learn common terminology used in Aotearoa to describe sex, sexual attraction, gender identity and gender expression. Gain an understanding of health issues through a rainbow perspective with particular focus on suicide prevention and signs of unhealthy relationships. This workshop will also provide participants with rainbow resources and wellness strategies. 16+ years.

Bookings required.

selwyn.govt.nz/events

Get Active Events

Dodgeball Competition

Tuesdays beginning 7 March, 6–8pm
Selwyn Sports Centre

That game you played in gym class is back! Dodgeball is a fast-paced action-packed sport suitable for all ages and abilities. If you can duck, dip, dive and dodge — this is the game for you.

Teams will play multiple games each night. Get a team of six together and register now!

\$30 per team per week. Registration required.

Phone the Selwyn Sports Centre on 03 347 2888 to find out more.



Artistic Swimming

Sunday 12 March, 2–3pm
Selwyn Aquatic Centre



Have you always wanted to try artistic swimming? The Selwyn Artistic Team will be putting on a 'have a go' session for any kids wanting to try a new sport! To try artistic swimming, you must be a competent swimmer, and be confident out of your depth. Having done either dance or gymnastics is helpful but not as important as enthusiasm and a positive attitude. 7–13 years.

Bookings required.

selwyn.govt.nz/events

Mini Gym – Mini Golf!

Saturday 1 April, 9.30–10.15am
Darfield Recreation and Community Centre

Wednesday 26 April, 11–11.45am
Lincoln Event Centre

Thursday 27 April, 10–10.45am
West Melton Community and Recreation Centre

A fun preschool celebration with mini golf activities, treats and more! Ages 3–5 years.

\$5 per child. Bookings required.

selwyn.govt.nz/events



Get Active Events

Easter Mini Gym Party

Monday 3 April, 10–11.30am
Selwyn Sports Centre

A fun preschool celebration with activities, treats and more!

\$5 per child. Drop-in.

selwyn.govt.nz/events



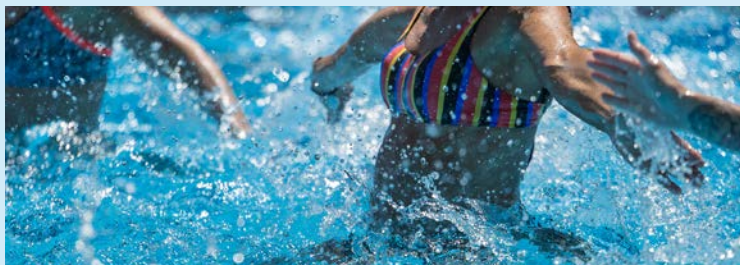
Easter Holiday Pool Party

Saturday 15 April, 6–8pm
Selwyn Aquatic Centre

Join us for a fun Easter-themed school holiday pool party! All the fun activities will be out — inflatables, bombing platform, water rollers and more. Plus, be in to win a Noxen hoodie towel. 10–17 years.

\$5 per person. Bookings required.

selwyn.govt.nz/events



Aqua Zumba

Friday 5 May, 7–7.45pm
Selwyn Aquatic Centre

Dance the night away with this fun and challenging water-based workout with Maria Teresa Stone. Aqua Zumba is loved for being cardio-conditioning, body-toning and most of all — exhilarating beyond belief! 18+ years.

Normal pool admission applies. Bookings required.

selwyn.govt.nz/events

Friday Night Zumba to Celebrate Mother's Day

Friday 12 May, 7–8pm
West Melton Community and Recreation Centre

Get your friends together and celebrate Mother's Day early with a super fun high energy Zumba session with Maria!

\$5 per person. Bookings required.

selwyn.govt.nz/events



NZ Music Month Events

Guitar Lessons for Beginners

Thursdays: 4, 11, 18 and 25 May, 3.30–5pm
Leeston Library

Thursdays: 4, 11, 18 and 25 May, 6–7.30pm
Lincoln Library

Do you dream of playing the guitar but don't know where to start? Have you been wanting to brush up on the basics? If you said yes to either of these, then this four-part mini-series is a great place to start! Join Diego from *Music by Diego* to get a taste of guitar playing through learning the basics in a small group setting. Please note: you will need to have access to a guitar. 15+ years.

\$25 library members (four sessions).

\$50 non-members (four sessions).

Bookings required.

selwynlibraries.co.nz/events



One Night Only With: Fraser Ross

Thursday 4 May, 7.30–9pm
Te Ara Ātea

Dubbed the 'Kiwi Billy Connolly' for his cheeky banter, Fraser is a Christchurch-based folk musician who has travelled the world playing and supporting bands. His EPs, *And Birds Do Sing* (2009) and *To Places* (2012) established him as a serious talent and a brilliant, loud-shirted presence within the New Zealand underground. Numerous shows, time in Scotland, and two albums, *Mongrels* (2015) and *Life is Magic, Where is My Rabbit?* (2018) later, he has built a dedicated following in both the UK, and New Zealand. A night not to be missed! 16+ years.

\$5 library members, \$10 non-members.

Bookings required.

selwynlibraries.co.nz/events

Unplugged with Ministry of the Mind

Saturdays: 6, 13, 20 and 27 May, 11am–1pm
Te Ara Ātea, Leeston Library, Lincoln Library and Darfield Library

Celebrate music month with live tunes from local talents at each library every Saturday throughout May.

Drop-in.

selwynlibraries.co.nz/events



NZ Music Month Events

Musical Morning Storytimes

Tuesday 9 May, 9.30–10am, Te Ara Ātea

Thursday 11 May, 10–10.30am, Leeston Library

Thursday 11 May, 10.30–11am, Lincoln Library

Friday 12 May 10–10.30am, Darfield Library

A musical celebration with well-known kid's songs and musical activities for an interactive preschooler experience.

3+ years. Drop-in.

selwynlibraries.co.nz/events

FREE



An Evening of Taonga Puoro with Mahina Kingi-Kauī

Thursday 11 May, 6.30–7.30pm

Te Ara Ātea

Join Mahina-Ina Kingi-Kauī for an unforgettable performance with her demonstration of taonga puoro (traditional Maori instruments) featuring their stories, their various unique voices (male/female aspects) and the healing properties within these ancient instruments. How to blend the voices of taonga puoro to create soundscapes or waiata. Her compositions reflect her passion for her culture, the environment, her life experiences and the global issues affecting the world today.

Bookings required.

selwynlibraries.co.nz/events

FREE

NZ Music Month Quiz Night

Friday 12 May, 6pm

Lincoln Event Centre

Saturday 25 May, 7–8.30pm

Darfield Recreation and Community Centre

Think you're an expert on New Zealand music from the past and present? Gather your family and friends and join us for a quiz on all things New Zealand music. Teams of six.

\$3 per person. Bookings required.

selwyn.govt.nz/events



Youth Week

Youth Week Barbeques

Monday 15 May, 3.30–4.30pm

Leeston Library

Wednesday 17 May, 3.30–4.30pm

Lincoln Library

Friday 19 May, 3.30–4.30pm

Darfield Library

Sunday 21 May, 10–11am

Selwyn Sports Centre

Sunday 21 May, 12.30–2pm

Rolleston Reserve Skate Park

In celebration of Youth Week, Selwyn Youth Council will be hosting a series of BBQs to acknowledge the rangatahi youth of Wakirikiri Selwyn and talk about the mahi they do. Come on down, have a chat and grab a free sausage! Aimed at 12–24 years.

Drop-in.

selwyn.govt.nz/events

FREE



Darfield Library and Service Centre

1 South Terrace, Darfield
Contact (03) 318 7780
libraries@selwynlibraries.co.nz

Darfield Recreation and Community Centre

65 North Terrace, Darfield
Contact 027 535 8379
darfield.community.centre@selwyn.govt.nz

Leeston Library and Service Centre

19 Messines Street, Leeston
Contact (03) 347 2871
libraries@selwynlibraries.co.nz

Lincoln Event Centre

15 Meijer Drive, Lincoln
Contact (03) 347 2983
lec.enquiries@selwyn.govt.nz

Lincoln Library and Service Centre

22 Gerald Street, Lincoln
Contact (03) 347 2876
libraries@selwynlibraries.co.nz

Rolleston Community Centre

94 Rolleston Drive, Rolleston
Contact (03) 347 2882
rcc.enquiries@selwyn.govt.nz

Selwyn Aquatic Centre

71 Broadlands Drive, Rolleston
Contact (03) 347 2734
sac.enquiries@selwyn.govt.nz

Selwyn Sports Centre

70 Broadlands Drive, Rolleston
Contact (03) 347 2888
sports.centre@selwyn.govt.nz

Tai Tapu Community Centre

722 Old Tai Tapu Road, Rhodes Park, Tai Tapu
Contact (03) 347 2983
taitapu.enquiries@selwyn.govt.nz

Te Ara Ātea

56 Tennyson Street, Rolleston
Contact (03) 347 2880
libraries@selwynlibraries.co.nz

West Melton Community and Recreation Centre

1163 West Coast Road, West Melton
Contact (03) 347 1804
westmelton.enquiries@selwyn.govt.nz



VIEW THE BROCHURE ONLINE SELWYN.GOVT.NZ/EVENTS
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